



The
Wildlife
Trusts

**NATURE
HEROES**

LET'S GO #30DaysWild

FOR EDUCATORS



WILDLIFETRUSTS.ORG/30DAYSWILD



WELCOME TO #30DaysWild

READY FOR THE WILDEST MONTH EVER?
YOU'RE ABOUT TO JOIN THOUSANDS OF
OTHER SCHOOLS AND GROUPS THIS JUNE
AS WE CELEBRATE EVERYTHING THAT
NATURE HAS TO OFFER!

Nature is for everyone, and The Wildlife Trusts believe that schools can provide opportunities for all children to experience and learn about the wildlife on their doorstep, helping to nurture happier, healthier children, and create allies for our precious natural neighbours.

This year you're in the driving seat. You can follow the suggested daily activities or adapt the weekly themes to best suit your pupils/group.

The most important thing is to get outside, have fun, and go WILD this June!

Jen,

Education and Learning Manager at
The Wildlife Trusts

Top tips for teachers and group leaders

START SMALL – new to outdoor learning? Start by going outside for a short period of time and working in a small area to begin with. Try five minutes taking the register outdoors, breathing in fresh air and practice listening to nature. This could even become a daily habit!

WEATHER CONDITIONS – consider how the weather might change or impact your activity whilst your group is outdoors. If windy, voices won't carry as far, so encourage everyone to flock together like house sparrows!

SET EXPECTATIONS – set behaviour expectations together and explain the activity inside the classroom before going outside, and repeat once everyone is outdoors.

KEEP IT SIMPLE – sensory activities and games are quick and simple and can be used every day to focus attention and help class control indoors and outdoors.

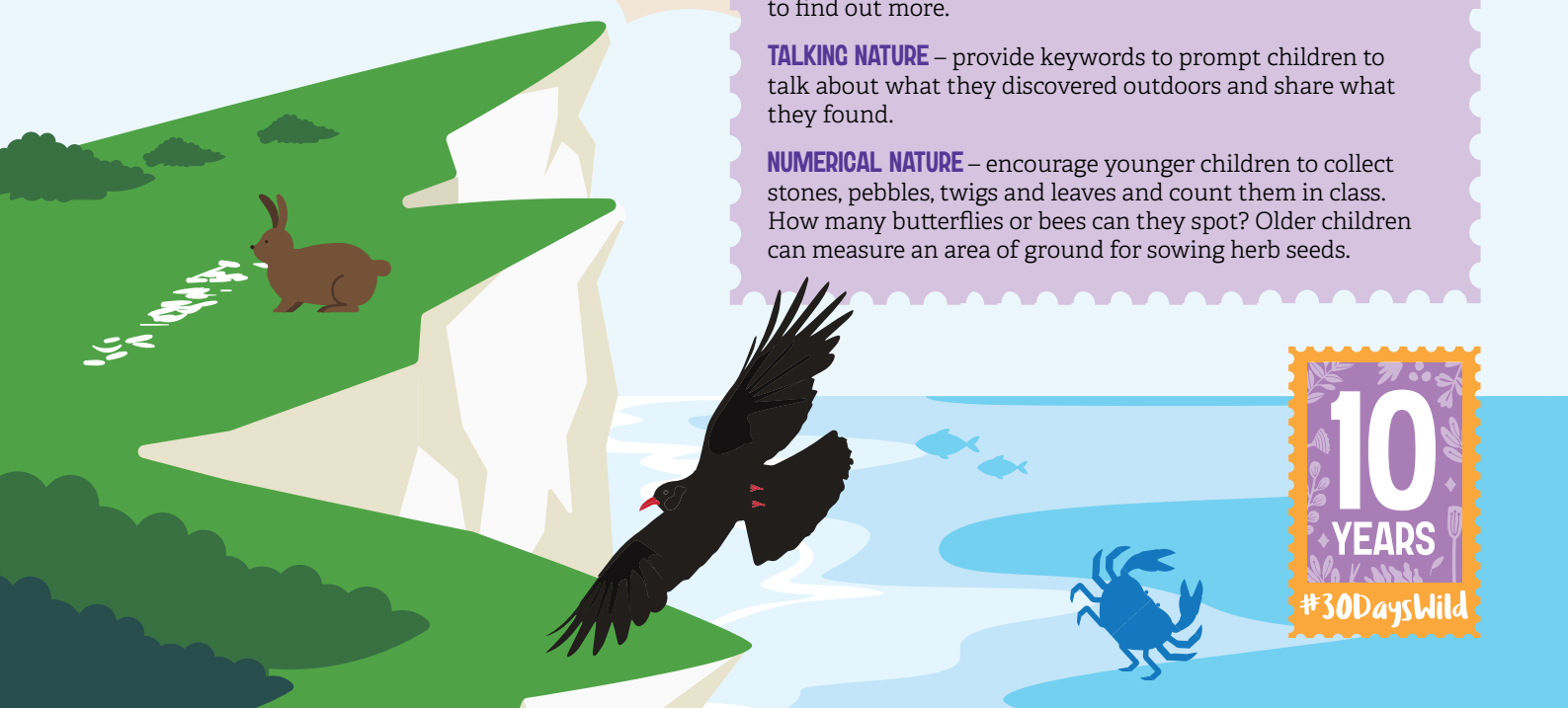
GIVE EVERYONE ROLES – split the class into smaller groups and give each group or pupil responsibility for different tasks.

BE FLEXIBLE – shorten or lengthen the time spent outdoors depending on the situation e.g. weather conditions. Don't forget to use the flashcards!

LEARNING ABOUT NATURE – you don't have to be a wildlife expert. If you don't know the answer to a question, share in the curiosity and research answers together – visit The Wildlife Trusts' kids website wildlifewatch.org.uk or contact your local Wildlife Trust wildlifetrusts.org/wildlife-trusts to find out more.

TALKING NATURE – provide keywords to prompt children to talk about what they discovered outdoors and share what they found.

NUMERICAL NATURE – encourage younger children to collect stones, pebbles, twigs and leaves and count them in class. How many butterflies or bees can they spot? Older children can measure an area of ground for sowing herb seeds.



YOUR #30DaysWild SESSION PLANNER

Below you'll find a session planner, which we hope will help you plan out your 30 Days Wild adventure. We've suggested specific activities for you to do with your group each week or to adapt as suits! Most importantly we encourage you to get into a daily routine of going outside every day during 30 Days Wild to help you achieve the challenge.

Pre-30 Days Wild checklist

Ask your class to start collecting:

- Empty, clean plastic bottles (like milk bottles, cola bottles etc.)
- Empty, cleaned yoghurt pots
- Empty, cleaned ice-cream tubs
- Clean aluminium trays (from pies, cheesecakes etc.)
- Clean wooden lolly sticks

STORE THESE IN CLASS READY FOR YOUR ADVENTURE!

Week 1 – Discover and notice

Welcome to 30 Days Wild! Week one is all about checking in with our senses and discovering nature.

Use these suggestions to choose what works for you and your class (and don't feel restricted by them either!).

- Sensory bingo
- Activity cards
- Take the register outside
- Butterfly and moth spotting
- Go on a slug and snail safari



Celebrate World Environment Day (June 5th) by discovering some facts about your favourite thing in nature.



@DANNY GREEN

Go on a minibeast hunt: try to find:

- woodlice,
- beetles,
- worms,
- snails,
- slugs,
- ants,
- spiders



TO KEEP IT INTERESTING, TRY TO PICK SOMETHING DIFFERENT TO DO EACH DAY OF THE WEEK.

Week 2 – Move (aim for at least one thing each weekday!)

Week two is about lots of movement! Rain or shine, use these prompts to get your class running, jumping, and exploring – all with a wildlife theme.

- **Animal yoga, PE outside**
- **Games** (e.g. sleeping lions, leap frog, piggy in the middle, duck duck goose)
- **Treasure hunt** (leaves, pebbles, feathers, moss)



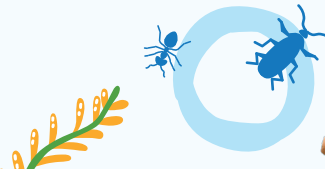
Transform into your favourite creatures with imaginative play. How does a butterfly, stag beetle, fallow deer or beaver move? Can you slither like a snake or jump like a frog?



Week 3 – Learn and help nature

We're focusing on learning and helping in week three. Small acts of kindness can make a BIG difference for our natural world. So, as we pass the mid-point in our journey through 30 Days Wild let's do what we can for wildlife in our schools and community spaces!

- Give wildlife a drink
- Give wildlife some food
- Give wildlife a home
- Make a mini pond using an old ice-cream tub
- Sow some herb seeds
- **Take the Big Wild Quiz** (head to our website for more details)
- **Survey like a scientist:** drop a hula hoop on a patch of grass and count how many plants and insects you find.



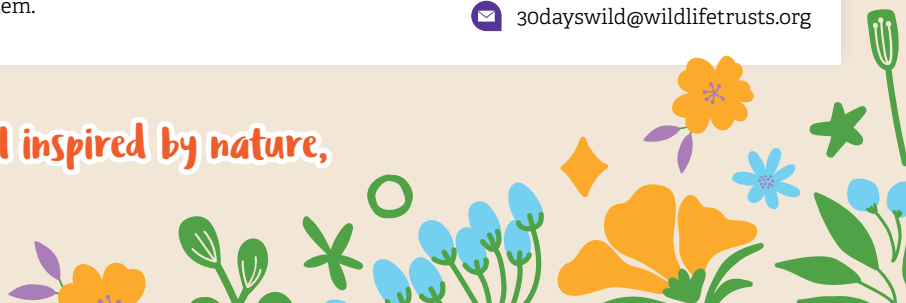
Week 4 – Connect

The final week of 30 Days Wild is all about connecting with nature. So as we come to the end of our journey through this wild month let's take time to look back over your class/group adventure and reflect.

- **Write short stories about nature.** What wildlife will you write about? What adventures will they go on? Make sure you show your parents / carers too.
- **Arts and crafts with nature.** Collect natural materials from outside and make art with them.
- **Try forest bathing.** The art of being calm and quiet amongst the trees, being grateful for the nature around us. Forest bathing can boost health and well-being in a natural way.
- **What do you love about nature?** Write to (or email) us about why wildlife is so special and how we can help it to thrive.

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There is no better time of year to feel inspired by nature, so let's go wild for 30 Days.



MORE RESOURCES TO HELP YOU GO #30DaysWild *

By taking part in **30 Days Wild** you're pledging to do more for wildlife where you **live, work** and **learn!**

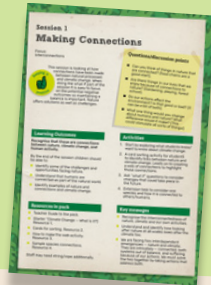
WILDLIFE WATCH

Wildlife Watch is the junior branch of The Wildlife Trusts. Visit our website to find activity sheets, identification spotting sheets, quizzes and lots more fun things: wildlifewatch.org.uk/things-to-do



WILDLIFE IN SCHOOL GROUNDS

Guidance on how to make your school grounds a haven for wildlife, play and learning: wildlifewatch.org.uk/Learning



TAKING ACTION FOR INSECTS: SCHOOLS GUIDE

Bugs, butterflies, beetles and other insects are in trouble and need our help! Find out more by downloading our school activity pack: wildlifewatch.org.uk/action-insects-schools-guide



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NATURE'S CLIMATE HEROES

Download a handy guide with lesson plans to help teach kids the role that nature plays in tackling climate change, and how we can help: wildlifewatch.org.uk/natures-climate-heroes

YOUR LOCAL WILDLIFE TRUST

Wildlife Trusts across the UK work with schools by welcoming them to nature reserves, providing on-site lessons, through Forest Schools, teacher training and more. Find your nearest Wildlife Trust at wildlifetrusts.org/wildlife-trusts

GROW WILD WITH CORONATION GARDENS

Get inspired to grow your own food, with hints and tips about what to grow, when, plus wildlife-friendly gardening tips and recipes! To find out more head to mycoronationgarden.org/schools

LEARNING IN NATURE

Find out about The Wildlife Trusts education and learning opportunities in the natural world through school visits and outreach, nature clubs and events at wildlifetrusts.org/learning

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The Wildlife Trusts want to say a huge thank you to players of People's Postcode Lottery, who have helped make the #30DaysWild challenge possible.

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"The Wildlife Trusts are giving countless people the chance to experience wildlife in their everyday lives."



David Attenborough

President Emeritus of
The Wildlife Trusts